



Real Scoop

PRESIDENT'S MESSAGE

Celebrating 50 years of Service 1974-2024



John Keane, President

Greetings fellow REA Members. As we turn the calendar to a New Year, your REA Board and Staff are busy preparing for a full slate of programs and activities. We are "pressing on" with our "action agenda."

We will not have a new beginning; we will continue the dedicated service to our members, building on the past work of previous REA Boards. First Vice President Terry Wood brings his years of elected City Council experience to the Board as he takes command of the Legislative Committee. Terry is also among the most knowledgeable individuals concerning

Social Security Benefits and Medicare.

Second Vice President Darryl Patterson, with his public service and business background, is organizing a full schedule of exciting travel and entertainment activities. To quote Darryl, "We're going places." Plans are in the works for a Biloxi expedition, including a side trip to New Orleans, a special event show at the Alhambra, a possible day trip to St. Augustine, and other areas of interest – leave the driving to us, riding on the Darryl Bus. We are also in early discussions of a "cruise"—more on these special events in future issues of the RealScoop.

Tom Waarum is our new Treasurer; with his extensive service background to our City, directing special events and other fundraising activities, he will provide depth to your team.

Cheryl Brown, the former Director/Secretary of our City Council fills the Historian position on our Board. History and facts are her specialty. Anyone who can have 19 bosses and continue to serve a long career possesses a special talent that will prove valuable to the REA.

President Eric Smith has served the REA with outstanding leadership, ability, vision, and dedication. On behalf of the REA Membership, President Eric "a tip of the cap" and a big THANK YOU for your service. Eric continues his service to the REA as a Member of the Board. We look forward to his wise counsel.

Special thanks to Judge Gary Flower for taking the time to install your new officers. The Judge, a longtime friend of the REA, is one of the finest judicial appointments of former Governor Jeb Bush. We also thank and appreciate former Mayor John Peyton and GATE for their donation of door prizes at the Annual Meeting.

A "BIG" thank you to President Kelly Dobson of the Jacksonville Firefighters for using their facilities for our Annual Meeting and Holiday Party and to the "Cooking Crew" for their hard work in preparing our delicious holiday feast. Tasty, as always, was a frequent comment.

Our team is in place to continue serving the Membership. The returning members of the REA Board and our Staff bring a wealth of knowledge, experience, and service to the REA. We value their dedication and commitment to the REA. We pledge to put our collective background of previous governmental service and success to work for your benefit.



Immediate Past President's Message

Eric Smith, Past President

As the song goes, **"It's the most wonderful time of the year"**, and I hope your Thanksgiving, Christmas and Hanukkah holidays were wonderful for you and the family. Let me share a quote which comes to mind by the great poet Henry Thoreau---"I am grateful for what I am an have; my

Thanksgiving is perpetual."

This message is my swan song as your REA president, and a wish that 2024 be a blessed year for you. It has indeed been an honor to work with all of you and I thank you for the opportunity. Any successes we had I attribute to an excellent and dedicated board, our Vice President, John Keane and Darryl Patterson and the hard work of our office staff, Lynette Clinch and Debbie Brooker. We just could not ask for a better team. I cannot thank them enough.

2024 will be strong! There is a rather humorous saying that the difference between an optimist and a pessimist is that the pessimist has more facts. I look on the bright side. Here are the facts. Your new president, John Keane and 1st Vice President Terry Wood know government inside and out and **have a combined track record of getting good things done for Jacksonville and the REA**. 2nd Vice President Darryl Patterson is also a man of action who will be a real asset to the team and is pumped and poised to kickoff our new extracurricular group travel program. Expect some exciting news early in 2024.

Your board this year has some strong new talent, which will add years of experience and fresh new ideas. I'm excited about that. Also, if you miss a meeting check out the minutes prepared by Secretary and (Past President) Greg Radlinski who turns out a terrific product I must say.

The Christmas Gala was special this year once again with delicious food served up by our excellent firefighter chefs who saved us a lot of money and made the best buffet we've ever had. Be sure to thank them next time you go through the line. By my calculation you had a one-in-three chance of winning a \$25.00 Gate Gas gift card. We had over 40 of those in the drawing and we thank the GATE company for donating some of those. Thanks, again to Randy Wyse for the use of the Firefighter's Hall.

My final act as President was to appoint a Special Strategy Committee to chart our course to get an ordinance introduced and passed in City Council for the one-time retirement bonus. We have former City Council President Terry Wood as chair and former City Council Director and administrator Dr. Cheryl Brown as co-chair. Also, we've got support from Councilman Ken Amaro, Reggie Gaffney, Jr., Matt Carlucci and over ten others. Stay tuned.

God Bless, Eric



50 years of service to the Employees of Jacksonville Florida

Happy New Year!



REA Members and Family
You Deserve The Best!

*The Funeral Service you desire at half the cost
Can You See The Difference?*

PATTERSON CREMATION AND FUNERAL

DirectCremation Package

\$775
AT NEED ONLY

Traditional Burial Package

\$2995
AT NEED ONLY CASKET INCLUDED

LOCAL CORPORATE CHAIN

DirectCremation Package

\$2995

Traditional Burial Package

\$8795

THERE IS NO DIGNITY IN PAYING MORE.

PRE-PLANNING SERVICES AVAILABLE

Darryl K. Patterson, President | Valerie P. Glover, F.D.I.C. | Roger D. Sears, LFD
6615 Arlington Expressway | 904.323.4299
www.pattersonfuneralservice.com | pattersonfuneralservice@gmail.com

**LOCAL OWNERSHIP
WITH 25 YEARS
OF EXPERIENCE**

*prices subject to change. At Need Only





From the Secretary's desk....

The season is upon us when we sit down to write holiday greetings to family and friends. However, some of us will procrastinate until it's Christmas eve and then decide not to bother because it's too late to put the card in the mail. If you want City Council to dip into the City's remaining American Rescue Act funds to grant every pensioner a one-time bonus (like the two the City has already given to active service employees), don't procrastinate. Tell the Mayor and the Council what you want before it's too late to make a difference.

Before the March 21st election, REA wrote to all the candidates for Council and Mayor asking for their position on granting retirees a one-time retirement supplement. Most answered the question favorably, some unfavorably and fewer didn't reply. We sent you the results of our survey. So, you know where the winners stand.

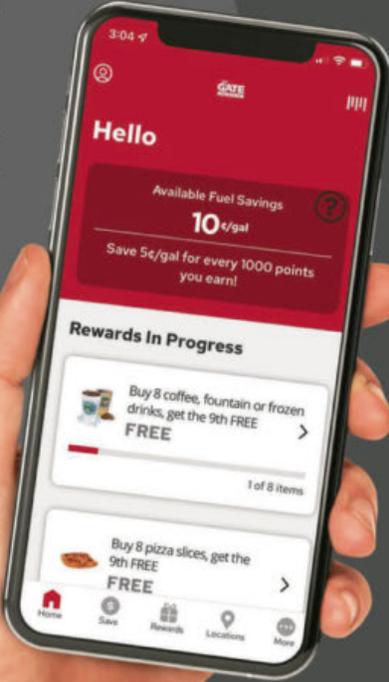
The REA Board is made up of former municipal employees with lengthy service. They have long standing friendships with many Council Members, appointed employees, and senior civil servants. They have been meeting with Mayor Deegan and the Council to encourage them to treat retirees fairly and appropriate the money for a retiree bonus. Although City Hall slows down during the year-end holidays, the Board will rev-up its efforts in early January. Their arguments will be so much more persuasive if you have filled the Council Members' and the Mayor's incoming mailboxes with your letters telling them how you feel about this.

So, don't procrastinate. Do it now. Do it often if you like.

**SIGN UP &
START
SAVING**



Download the **My GATE Rewards app** or visit mygatestore.com/rewards to sign up.



**my
GATE
REWARDS**

**Earn Points.
Save On Gas.**





Darryl Patterson, 2nd Vice President

The trip to Biloxi, MS will be in the Spring. The cost will be approximately \$625/person, which includes round trip bus fare from Jacksonville, four nights in a casino hotel, a day in New Orleans, and a boat river cruise.

With the Alhambra Dinner Theater season returning in 2024, the committee is planning an event at Alhambra in February or March. The Committee will contact Theater management to arrange discount tickets for REA members. The Committee is also planning a cruise excursion.



Did you know there is more than 1 way to get your vehicle serviced at Duval Ford?

The Traditional Way: Call or go online to book an appointment. 904-381-6511 or duvalford.com

Mobile Service: If your vehicle needs service, you'll find the team at Duval Ford ready to help. The best part? We're willing to bring that help right to you. Our team offers a special mobile service option that removes the need for you to visit our dealership with your personal or business vehicle. When you schedule mobile service, our dealership will send a technician to come and handle your maintenance remotely at your home or workplace. Through this method, we can handle a number of essential services. These run the gamut from oil changes to tire rotations and more. Our technicians work directly with the team at the dealership, so we're able to handle warranty work and even some recall jobs. We have three mobile service vans able to serve you!

Pick up and Delivery: if your vehicle needs service that can't be handled by our mobile technicians? We'll pick up your car and bring to our service center. Once we finish with your service work, we'll bring your newly repaired and cleaned vehicle back home to you.



**25 mile radius for mobile and pick up/delivery*

**Call for additional details
904-381-6511**



New Year, New You?

January is typically the time of the year when we set some goals for the year. A lot of times, this involves some personal goals like weight loss or fitness. Some like to take on a new activity, say pickle ball. However, taking on these goals that require physical movement or activity can potentially lead to unwanted pain or injury. Pickleball popularity is sky rocketing, unfortunately so are injuries associated with this relatively new and fun sport. According to UBS Financial Services, pickleball injuries are expected to cost Americans \$377 million in health care costs this year. That accounts for 5 to 10% of total unexpected medical costs. Pickleball can put quite a demand on all parts of your body secondary to the fast and repetitive nature of this sport. Unfortunately, pickleball itself is almost required to train your body for it. Therefore, I suggest you start slowly and carefully. Additional recommendations would be to start exercising that involves your arms and legs. Jogging in place, light jumping jacks, some basic rotator cuff exercises. Calf and shoulder stretching, balance exercises, etc.

At the same time, research also shows that exercise can have a positive effect on conditions such as arthritis. This idea is something that you would think would not need a scientific study to confirm, but, true to belief, science does confirm this concept. One of my professional orthopedic journals published a study supporting physical activity for various health conditions including arthritis, specifically hip and knee osteoarthritis.

Osteoarthritis affects the cartilage that lines our joints, and the lubrication of these joints comes from bearing weight on these joints. In medicine we call this squeeze film lubrication. Some of you reading this may relate. For instance, ever notice stiffness in your joints that is present when you first stand up and then take a few steps and then it subsides? That is because after a few steps, one begins to “squeeze” lubrication back into the joints through the cartilage. The more cartilage is worn though, the more difficulty it has in producing this lubrication effect. That is why weight bearing exercise is so important to prevent arthritic conditions from developing in the first place. Also, good muscle tone provides support across our joints preventing too much load on the cartilage as well.

The pool is also a good environment for those who need to exercise and build muscle tone when full weight bearing exercise is too much for their arthritic joints to handle. This allows an opportunity to build up muscle strength and then gradually work toward land based low impact activities. At one of our clinics, we have an alter-g anti-gravity treadmill. Patients and clients wear special shorts that zip into an air bladder that surrounds the treadmill and inflates allowing up to 80% body weight to be lifted off the individual. This is an excellent tool for the recovery of surgeries involving the lower extremity as well such as knee and hip replacements.

As physical therapists, we are specialists in designing and supervising progressions of medical based exercise for various musculoskeletal conditions and arthritis would be no exception. Also, it is recommended to consult with your physician if you have any additional health issues, particularly cardiac conditions before starting an exercise regimen. Good luck and let us get our bodies moving as we set some health goals for the new year!

Dr. Chris Kopp PT, DPT is a licensed doctor of physical therapy and board certified orthopedic clinical specialist with over 25 years experience as an orthopedic physical therapist. He is the director of Premier Physical Therapy and Rehabilitation of Jacksonville. Dr. Kopp can be contacted at info@premierptjax.com or www.premierptjax.com.

***Dr. Chris Kopp PT, DPT
Premier Physical Therapy and Rehabilitation of Jacksonville***

Leona Spann, Chaplain

Do You Need Direction?

God will speak to you:

- 1. Through relationships.** Sometimes He will give you direct revelation, but often He will speak to you through relationships. His word says: "Remember your leaders, who spoke the word of God to you" (Heb. 13:7). Who speaks into your life? To whom are you submitted? Without good input you will be unprotected and undirected.
- 2. Through your gifts.** "A man's gift makes room for him" (Pr 18:16) When God is directing your steps you won't need to kick the door open or force your way in. Your gift will bring a solution and meet a need; therefore, you'll be welcomed, valued and rewarded.
- 3. Through your thoughts.** "We have the mind of Christ" (1Cor. 2:16) When our minds are renewed by His word and lined up with His will, God actually thinks through us.
- 4. Through open doors.** Paul wrote, "For a great door and effectual is opened unto me, and there are many adversaries" (1Cor 16:9). God will open doors for you, but you must remember that with every opportunity He gives, challenges come too. That's what builds your faith and strengthens you for the future.
- 5. Through "a word" of confirmation.** "Thine ears shall hear a word behind thee, saying, This is the way, walk ye in it" (Isa 30:21). This word comes after you obey God, letting you know you've made a good decision and that you're on the right track. You can be lead by God. Psalm 1:6a "The Lord watches over the path of the godly." NLT



The 2024 REA Board of Directors

President- John Keane

1st Vice- Terry Wood

2nd Vice President- Darryl Patterson

Secretary- Greg Radlinski

Treasurer- Augen (Tom) Waarum

Chaplain- Leonna Spann

Sergeant-At-Arms- Larry Johnson

Members-At-Large: Al Safer

Charlene West (not pictured)

Laura English-Williams (not pic-

tured)

Past Presidents- Eric Smith

Greg Radlinski

Advisory Panel- Shelia Caulkins

Pete Ison (not pictured)

Ombudsman- MaryAnne Anders

Historian- Cheryl Brown (not pictured)

GEPF Trustee- Richard Wallace

P&F Trustee- Terry Wood

GEPF Advisory Committee- Kent Mathis

P&F Advisory Committee- Tom Lumpkin

Annual REA Christmas Dinner 2023



Annual REA Christmas Dinner 2023 cont.



PREMIER PHYSICAL THERAPY

OUR PHILOSOPHY IS TO S.E.R.V.E. YOU!

S-SERVICES E-EXPERTISE R-RESULTS V-VALUE E-EXCELLENCE

HOW CAN WE SERVE YOU?

I met Chris at his Ponte Vedra office where he introduced me to K Coach. I have to tell you I learned more about my golf swing in 30 minutes, and what I need to do to make it more efficient, than in any lesson I've had on the practice range. If you love golf, if you want to be better and enjoy it more, you have to see Chris and have a K Coach analysis. It's brilliant!!!

CERTIFIED

BODITRAK

K COACH

Our Patient Intake process is simple and we accept most insurances. Contact us today to schedule your professional physical therapy evaluation with one of our qualified staff!

Jacksonville Location
Taylor Place Shopping Center
(904) 996-6922
13947 Beach Blvd #109
Jacksonville, FL 32224
info@premierptjax.com

Ponte Vedra Location
Azalea Office Park
(904) 996-6922
6 Fairfield Blvd, Suite 6
Ponte Vedra Beach, FL 32082

Our goal is to be the primary care provider for any individual suffering from pain and physical limitations and injury who wishes to be treated with compassion and respect in order to achieve the best possible outcome.

premierptjax.com

LET US HELP YOU GET **BACK TO NORMAL**

A Great local REA member and Realtor is ready to serve your needs

Bruce Doueck
REALTOR®

KW ATLANTIC PARTNERS
KELLERWILLIAMS REALTY

Ready to serve your needs to buy, sell or invest!

Call or text Bruce for a free consultation at 904-718-1361 or email – bdoueck@gmail.com

LET'S GROW YOUR BUSINESS

Advertise in our Newsletter!

CONTACT ME

Rob Kennedy

rkennedy@4LPi.com

(804) 366-4838

SUPPORT OUR ADVERTISERS!

Health insurance perks you may be missing

Did you know that your health insurance might cover more than just clinic visits and medical procedures? Many health insurance plans offer a variety of convenient virtual care options and additional wellness benefits that can save you money and help you establish healthy habits for a lifetime.

*** Virtual care.** Your plan may include access to virtual primary and specialty care to assist with a variety of common health conditions, along with virtual urgent care that can help you avoid expensive emergency room trips.

*** Tobacco cessation.** Federal law mandates that almost all health insurance plans cover some treatment for tobacco cessation. Quitting tobacco could also save you serious money on health insurance premiums -- most states permit hefty surcharges for tobacco users that increase premiums as much as 50 percent compared to tobacco-free customers on the same plan.

*** Chronic disease apps.** If you have a chronic condition like hypertension or diabetes, your health plan may include access to mobile apps and monitoring devices that automatically track your condition, remind you to take prescribed medications, and notify you when you should contact your doctor.

*** Fitness and nutrition.** Your health plan may offer partial or full reimbursement for gym memberships, trial subscriptions for digital fitness programs, wearable fitness trackers, and nutrition support from registered dietitians. Some plans also partner with third-party mobile apps to help users stay on track with their fitness and nutrition goals.

Health insurance plans vary widely, so check your plan information or talk to your plan administrator to learn about your specific benefits and coverage.

Keeping you
healthy is
everything
to us.



For over 75 years, Florida Blue, your local Blue Cross Blue Shield, has been dedicated to helping Floridians. We are proud to support the **Retired Employee Association of Jacksonville** as part of our ongoing commitment to helping people in Florida stay healthy.

1-352-633-4622
FloridaBlue.com

Florida Blue 
Your local Blue Cross Blue Shield

Florida Blue is a trade name of Blue Cross and Blue Shield of Florida Inc., an Independent Licensee of the Blue Cross and Blue Shield Association. 113528 0323

**WELCOME NEW MEMBERS
OCTOBER - DECEMBER 2023**

Balkcom, Jr., Fred	Larsen, Erik D.
Braddock, Gerald	Marcus, Robert
Butler, Gary C.	Pittman, Terry L.
Coleman, Kimberly R.	Singleton, Sharon
Drayton, Patricia M.	Smith, Calvin L.
Fason, Albert	Thompson, Max
Gamble, JoAnna V.	Thompson, Steven C
Gresham, Edward	Wright, Richard C.
Grey, Teri Leigh Ann	Yordy, Mark S
Helton, Henry G. III	
Hill, Vanessa G.	
Hylazewski, David	
Kittle, Dallas D.	
Kurtz, Sheryl	

**WE REMEMBER IN SORROW MEMBERS WHO
HAVE PASSED AWAY
OCTOBER - DECEMBER 2023**

Amorosa, Carolyn	Hurst, Harold F.
Barber, Margreeta	Joseph, Joe C.
Burns, Williams H.	Laprell, Horace H.
Caton, Wilma S.	King, Roy E.
Crews, Wendall W.	Kingsnorth, Emi J.
Cromartie, Mary Ann	Knox, Theresa C.
Daunie J. Burris	Looney, Gary
Dearborne, Faye F.	Maralad, Sofia Ul
Erwin, William W.	Martin, Joseph M
Fagan, Robert	Rhoden, Gloria G.
Guyann, Betty	Scruggs, Robert E
Harp, A.C.	Strickland, Jimmie A.
Harvey, George A.	Willis, Robert F.
Harvey, Henriette E.	Yates, Sheryldean S.
Hodges, Wylie B.	

**NEVER MISS
OUR NEWSLETTER!**

SUBSCRIBE

Have our
newsletter
emailed
to you.



Visit

www.mycommunityonline.com

**Better healthcare
for seniors in Jacksonville**

6 CONVENIENT LOCATIONS:

Arlington 9422 Arlington Expressway	Monterey 1220 University Blvd. N.
Edgewood 3059 Edgewood Ave. W.	Lake Forest Hills 8000-2 Lem Turner Road
Blanding 6841 Blanding Blvd.	Cedar Hills 3614 Blanding Blvd.

At Dedicated Senior Medical Center, you'll get the very best care from great doctors who specialize in senior healthcare. Experience the Dedicated Senior Medical Center difference and take a tour today!



Call (904) 900-7370

There is no obligation to enroll in a plan or to choose us as your provider.

106949

RETIRED EMPLOYEES OF THE CONSOLIDATED CITY OF JACKSONVILLE

Located in the City & Police Credit Union
4830 Waller Street
Jacksonville, FL 32254

Phone | 904-353-2400
Email | LClinch@REAJAX.com
Debbie Brooker@REAJAX.com
Website | www.reajax.com

PRSRT STD
U.S. POSTAGE PAID
Jacksonville, FL
PERMIT #1263

Bring in a new member and help reinforce our efforts to take care of our retirees. Scan the QR code for a copy of our membership application. Make sure you update your email address and contact information, send updates to LClinch@reajax.com or debbiebrooker@reajax.com.



It's a **Sneak peek** of benefits to come.

With BIG things on the horizon, we're excited to bring this special certificate offer to our membership as a glimpse of good things to come.

Start saving at this limited time rate:

- Minimum deposit of \$500
- Applies to new & existing money at City & Police
- Add an additional 0.05%^{APY*} to Jumbo Certificates (\$50,000+)

Reach out to us for details, or open yours today at CityFCU.com.

904.353.2240 | CityFCU.com | 5 Jacksonville Locations

5.00% APY*
18-MONTH
CERTIFICATE OF DEPOSIT

City & Police
FEDERAL CREDIT UNION
CityFCU.com | (904) 353.2240



*APY equals annual percentage yield. Special is effective November 1, 2023 and subject to end at any time. \$500 minimum deposit required. Early withdrawal penalties may apply. Special applies to new money brought to City & Police Federal Credit Union and transfers from internal accounts.

IMPORTANT!

Check the REA website often for up to date news about our next meeting, when it will take place and where it will be. Also, call the office for information at 904-353-2400. 9am-2pm Tuesday—Thursday.

REA Real Scoop Staff

Managing Editor: Lynette Clinch
Executive Editor: John Keane
Reporting Contributors: John Keane, Darryl Patterson, Eric Smith, Leona Spann, Greg Radlinski,
Guest Editor: Dr. Chris Kopp